

restrain, but to conceal, even from themselves.

In such a case the satisfaction of the will is a poor recompense for the denial of the stronger instinct. the baffled impulse becomes an obsession, at some times shaking the mind with fits of excitement and depression, at other times engulfing it in the profoundest religious melancholy.

occasionally even sweeping it away into the whirlpool of insanity. No one whose ears have not been filled with the rushing of these waters, whose hands have not been thrown up in the helplessness of despair, can realize the words of the Psalmist—" Out of the depths have I called upon Thee. O God." 55

The instinctive origin of this melancholy may be traced in the symptoms that are manifested in its extreme cases. Insanity that has developed out of profound depression is commonly marked by a most surprising display of elemental instinct. Patients exhibit impulses and knowledge which are in the most violent disaccord with their former dispositions : their characters appear to have been completely changed by their disorder. indeed, they may seem to be possessed by a diabolic spirit. In fact, the restraints of consciousness having been withdrawn, instincts have been freed which had been straitly confined by the will. They may have been penned altogether within the domain of subconsciousness. so that their existence was not apparent to the victim

whom they tortured. But they fed  
upon his  
vitals. and distracted his moods. with  
the swayings  
of a violent internal struggle.

Release from such an obsession will  
rarely be  
obtained by any striving of the  
conscious will.  
Instinct must be countered by  
instinct: depression  
will vanish before the impulses of  
hunting. fighting. or drinking. But the  
completest and